

# PreTect Software Documentation

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## *1. Introduction*

### **1.1. Overview**

This document describes version 1.1.0008 of PreTect for Windows.

### **1.2. Author and Copyright**

This document has been created by PreTect Ergonomic Software. Copyright (c) 2013-2016 PreTect Ergonomic Software. All rights reserved.

Please consult the End User License agreement (EULA) which accompanies the software for information on licensing.

## *2. Disclaimer and Warning*

PreTect is a tool to increase comfort and productivity in the workplace. You must not rely on the information presented by this program as an alternative to medical advice from relevant medical professionals.

If you have any specific questions about medical conditions that may contraindicate any stretches or exercises, you should consult a relevant medical professional prior to use of the software.

If you think you may be suffering from any medical condition, you should seek immediate medical attention.

If during any stretch activity you experience any increased pain or discomfort you must stop the activity immediately and not perform the activity again even if the program suggests it.

You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of exercises provided within this software.

### *3. Program Concepts*

#### **3.1. Program Purpose**

The PreTect program's purpose is to help you improve your health by encouraging you to perform physical exercises ("micro breaks") at regular intervals whilst sitting at your computer.

#### **3.2. Exercise / Stretch Activity**

When you log on to your computer the PreTect program runs in the background. Depending on your configuration the program will wake up at certain time intervals and display a little reminder box at the bottom of your screen in the task bar. When you click on the reminder box the program will display an window showing an exercise or stretch activity for you to follow. Once you are done with the exercise you close that window and PreTect will go into a waiting state again.

#### **3.3. User Profile**

The user profile is used to configure the running of PreTect. Here you specify how often a certain exercise or stretch activity is run. The default user profile has settings which are appropriate for able bodied adults, but often it needs to be adjusted to your specific needs. This is done in the User Profile Wizard when you run the program for the first time. The user profile also contains statistics about how often a certain exercise has been completed or if it has been aborted or skipped.

## 4. *Installation, Licensing, First Time Run*

### 4.1. Installation

#### 4.1.1. Installation on Windows

The installer is a standard "setup.exe" executable file. To start the installation, double click on this file to launch the installation wizard and follow the instructions displayed.

### 4.2. First Time Run

When you run the program for the very first time you will have to:

- enter the license key
- activate the license key
- create the user profile

#### 4.2.1. Step 1: Enter License Key

When you run the program for the very first time you are prompted to enter the license key that came with your program (see fig. 1 ). The license key consists of a 16 character sequence, separated into 4 blocks of 4 characters, e.g. l94d-ywik-885d-n8yu

When you click OK, the license key will be stored on your computer (\*) and the program will quit. You will need to restart the program (not the computer) to continue with the next step, the license key activation.

(\*) Please check subsection 7.1.4 ("*Administrative Privileges*") for special instructions relating to storing the license key.

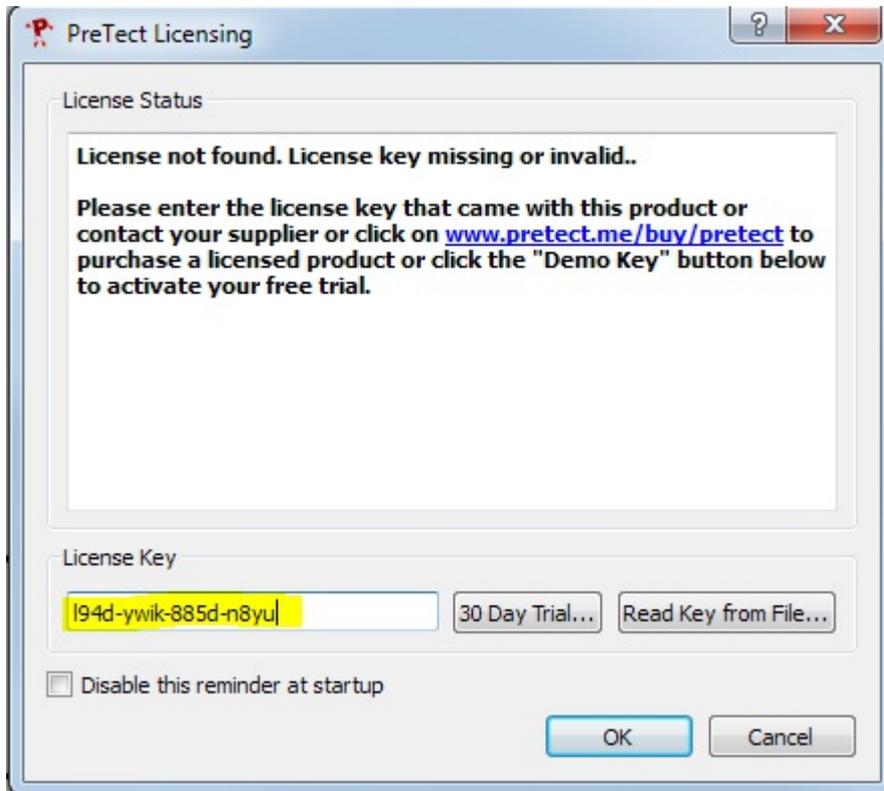


Figure. 1 Licensing Dialog

### 30 Day Trial

If you wish to trial the software before buying you can do so by clicking the **30 Day Trial...** button in the **Enter License** dialog. The program will generate a 30 day trial key and store it. (\*)

(\*) Please check subsection 7.1.4 ("*Administrative Privileges*") for special instructions relating to storing the license key.

#### 4.2.2. Step 2: License Key Activation

Once you have entered the license key it needs to be activated. When you launch the program it will prompt you to activate the license key, but you can also continue without activation but please note that you have to activate within 30 days, otherwise the program will stop functioning.

#### Why License Key Activation?

Software takes a lot of work to create and relatively little work to copy. PreTect encourages you to make copies of the program disk(s) for safe keeping or to give to your friends and colleagues so they can install a trial version of the program. However, the license key must only be entered on the specified number of computers according to the end user license agreement (EULA) which accompanies the program.

### How does License Key Activation work?

Once you have entered your license key, the key must be activated within 30 days. The program will remind you everytime you start it that the key has to be activated. Activation means that your key, together with some information about your computer will be sent to PreTect and, once verified, an activation key which is locked to your computer, will be sent back and the license will be activated. The information sent to our activation site does not contain any personal identifiable information. The PreTect Activation Team verifies that the license will only be activated on as many computers as permitted.

Please note: If you have previously activated your license key and then reinstalled your computer's operating system you may find that the software activation will fail. In this case please contact our activation team or software support with your license key so that we can re-authenticate your license key.

PreTect offers the following activation methods:

- Online Activation through the Internet (recommended)
- Website Activation (using your computer's Web-Browser)
- Manual Activation via E-Mail
- Manual Activation via FAX

The first two options can be done online in a matter of minutes. For the other options manual intervention by the PreTect Activation Team is required and it may take up to two business days for the activation key to be returned to you.

To activate your software, click on Help and then "Activate License Key". This will start the License Activation Wizard dialog where you can choose the activation method. Please follow the instructions displayed by the program to activate the license.

### Activation Wizard

The activation wizard allows you to activate the license key you have entered above. Follow the instructions displayed by the Wizard to activate your software.

The easiest way to activate is to use "Online Activation through the Internet". This takes a couple of minutes only, but it does depend on your computer being connected to the internet.

Please note that for Windows XP, Vista 7 and 8 the activated license key needs to be stored on your computer. Please check subsection 7.1.4 ("*Administrative Privileges*") for special instructions relating to storing the activated license key.

Please note that online activation may sometimes fail if you have a firewall installed on your computer or if your network is protected by a firewall, this is especially common in larger organisations or public bodies. In that case you will have to use one of the other activation options.

### 4.2.3. Step 3: User Profile Wizard

When you have activated the software and launch it for the third time the program will launch the User Profile Wizard. It will ask you a few questions to configure your profile. Please run through the wizard page by page.

You can:

- disable certain stretch activities depending on pain you might experience
- specifically target certain body areas
- disable certain activities depending on a disability
- disable certain activities depending on other reasons

The wizard also allows you to select how frequently you want to be prompted to perform exercises.

The final page of the wizard allows you to save the profile. The program will then also be set to start automatically when you log in to your computer.

Note that you can adjust the profile and program settings using the **Options..** and **User Profile..** command from the task bar menu and you can also revisit the profile wizard by using the **User Profile Wizard...**

## 5. Normal Running

When PreTect runs it is normally hidden but displays a Task Bar icon  in your computers task bar. On Windows you may want to change the task bar properties to display the PreTect icon all the time.

The PreTect icon changes colour from red to green and when it is fully green the next exercise is due. You can also hover with your mouse over the icon to see how long until the next exercise.

### 5.1. Task Bar Icon

When you click on the task bar icon PreTect opens the stretch activity window and displays the next stretch. Please see section 5.2 ("*Exercise Window*") for a detailed description.

If you click with the right mouse button on the Task Bar icon  the program displays a menu with options "Next Exercise", "Options...", "Profile...", "Profile Setup Wizard", "Help" and "Quit" (see fig. 2 ).

Each of the options in the menu is explained below.

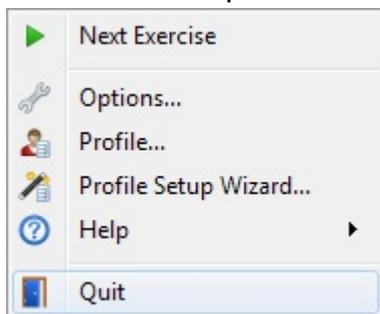


Figure. 2 Main program popup menu.

#### 5.1.1. Next Exercise

When you select the Next Exercise option, the stretch activity window is opened and the program displays the next stretch. Please see section 5.2 ("*Exercise Window*") for a detailed description.

#### 5.1.2. Options...

When you select Options, the program shows you the program options dialogue.

## General Options

The **general options** tab allow you to change:

- Change whether the program should start automatically when you log in. We do recommend this option so that PreTect is always running.
- Change the default profile. The default profile is loaded when the program is started and is used to determine which activities and how often they should be performed.

## Program Folders

The **program folders** tab allows you to change where PreTect looks for files. Normally you should not modify these settings but if you are for example in a network environment where data is stored centrally but the program is run locally you may want to adjust these settings.

## Appearance

In the **appearance** tab you can change the colours and fonts used by the program.

### 5.1.3. Profile...

When you open the Profile dialog the "User Profile" window opens (see fig. 3 ).

Here you can change global settings for the user profile.

- File Name: This is the name of the user profile file name. It will normally be stored in your "My Documents" folder.
- Title, Description: Specify here who this profile is for.
- Interval: Here you can specify how many seconds the program should wait between exercises.
- Remind every: Here you can specify how frequently the program should remind you when the time has come to do an exercise.
- Countdown: Here you can specify how many seconds countdown before the exercise actually starts.
- Popup: Here you can choose how the program should remind you that it is time to do an exercise. The default behaviour is to show a system tray message (usually in the bottom right hand corner of your screen), and then you have to click onto this message to open the exercise window. However if you select "Exercise Window" then the program will simply open the exercise window. You can also choose whether the window should always be displayed on top of all other windows.

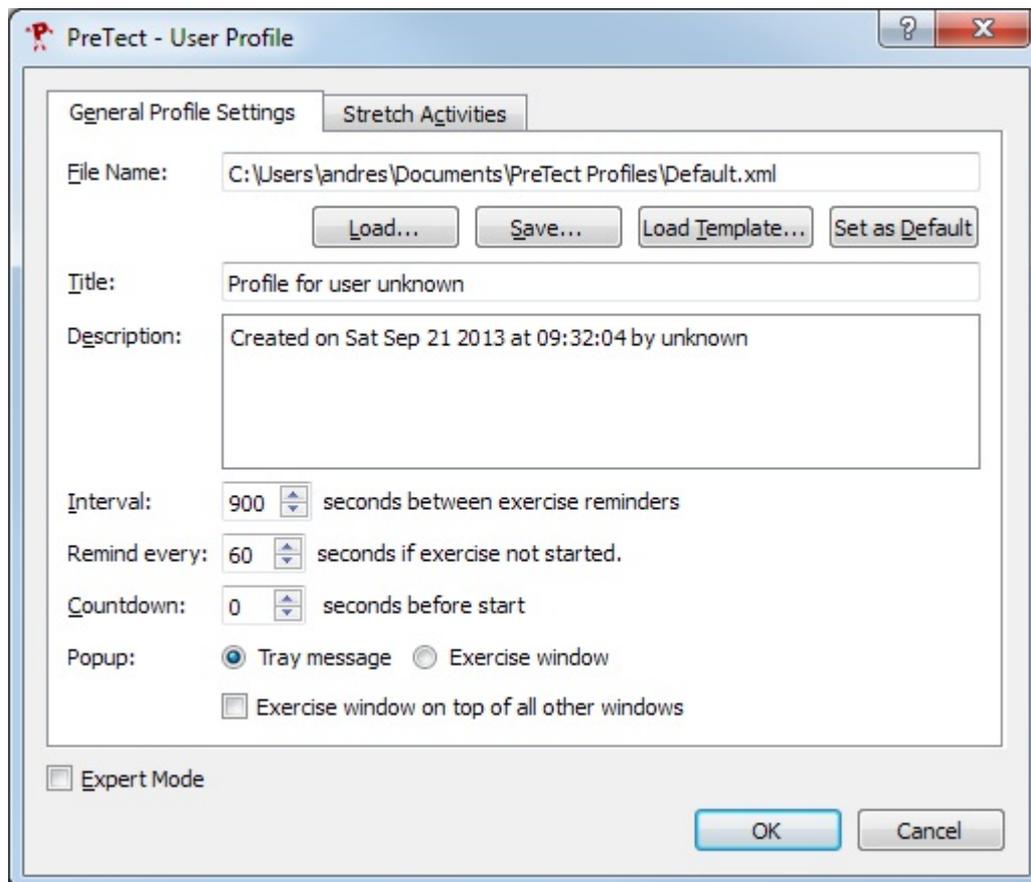


Figure. 3 User Profile Properties Dialog

### Stretch Activities

When you click on the **Stretch Activities** tab you can view and modify the individual activities (see fig. 4 ).

Note that you can modify the stretch activities (e.g. whether it is enabled or not) if you tick the **Expert Mode** tick box at the bottom of the window.

- **Enabled:** Enable/Disable a stretch activity. If disabled you will never be prompted to do a certain stretch activity.
- **Probability:** The higher the probability (values from 1-99 permitted) the more likely this activity will be.
- **# Completed:** Number of times the exercise was completed. This number increases every time the entire exercise has been displayed.
- **# Aborted:** Number of times an exercise was aborted by closing the window.
- **# Skipped:** Number of times an exercise was skipped by clicking the **Skip** button in the exercise window.
- **Speed:** Each exercise can be speeded up (values above 1.0) or slowed down (values below 1.0).
- **Repeats:** The number of times this exercise is repeated.

- **File Name:** This is for internal use only and shows the name of the exercise definition file.

If you would like to see a particular exercise, double click on the title and the **Exercise** window will show the exercise.

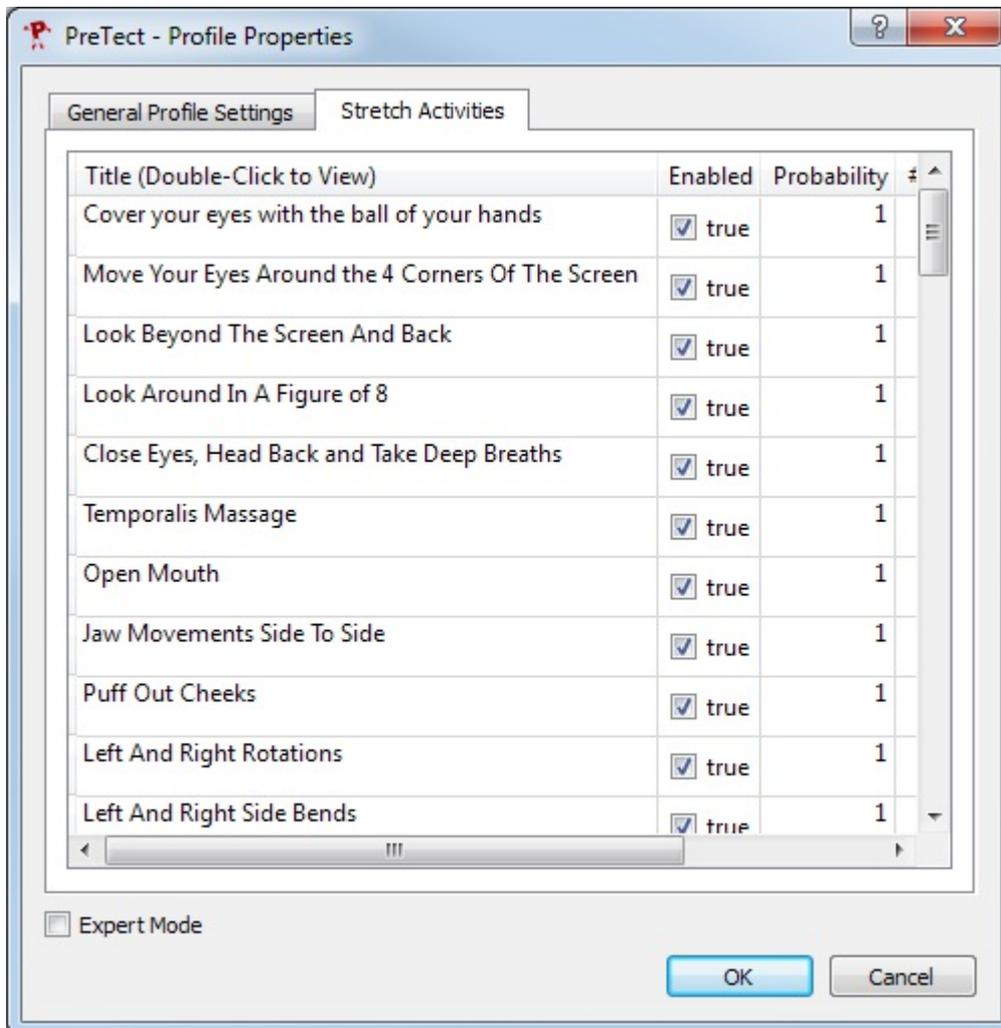


Figure. 4 Stretch Activities

#### 5.1.4. User Profile Wizard

The profile wizard will ask a few questions to construct a profile that is tailored to your needs. Please run through the wizard page by page.

You can:

- disable certain stretch activities depending on pain you might experience
- specifically target certain body areas
- disable certain activities depending on a disability
- disable certain activities depending on other reasons

The wizard also allows you to select how frequently you want to be prompted to perform exercises.

The final page of the wizard allows you to save the profile. The program will then also be set to start automatically when you log in to your computer.

### 5.1.5. Help

The Help Menu has the following options available:

#### **Open Documentation**

When you click **Open Documentation...** the PreTect documentation (this document) PDF file will be opened.

#### **Technical Support...**

When you click **Technical Support...** support information will be displayed.

#### **Re-Enter License Key...**

Normally it is not necessary to re-enter the license key for PreTect, however if you are switching from a temporary trial license to a full license then this is the way you can change the license.

#### **Check for Updates...**

If you click **Check for Updates...** the program will try to connect to the PreTect update website and determine whether there is a more recent version of the software available for download.

Please note that this option may have been disabled by your system administrator.

#### **About PreTect**

When you click **About PreTect** the program will show information about the program installation, the version and the license key. This information is necessary if you need to speak to PreTect support.

## 5.2. Exercise Window

The exercise / stretch activity window shows the stretch activity (see fig. 5 ). When it opens the animation is ready to be started, if you hit any key or click into the window the activity will start. You can stop the activity by clicking or hitting any key. If you close the window before the activity is finished, the #Aborted counter in your user profile will be incremented.

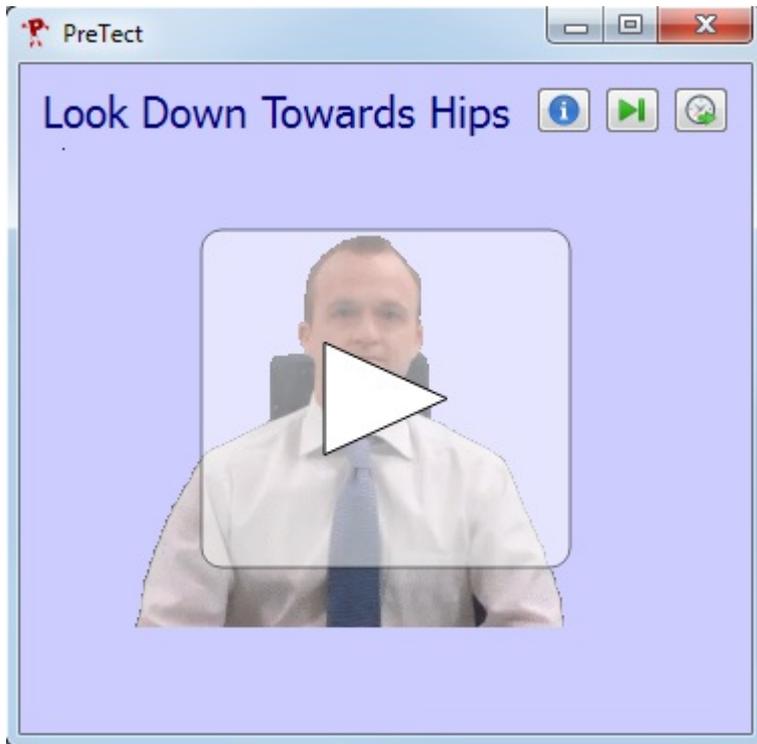


Figure. 5 Exercise Window

### 5.2.1. Exercise Window during the Exercise

When the exercise is running the large start button disappears and the exercise animation begins (see fig. 6 ) and additional information is displayed:

- At the bottom of the window instructions are displayed which explain what to do next.
- There is also a horizontal progress bar which shows how long until the exercise is completed.
- Occasionally during exercises arrows will indicate the direction of movement and countdown counters will show you how long you have to hold a pose for.

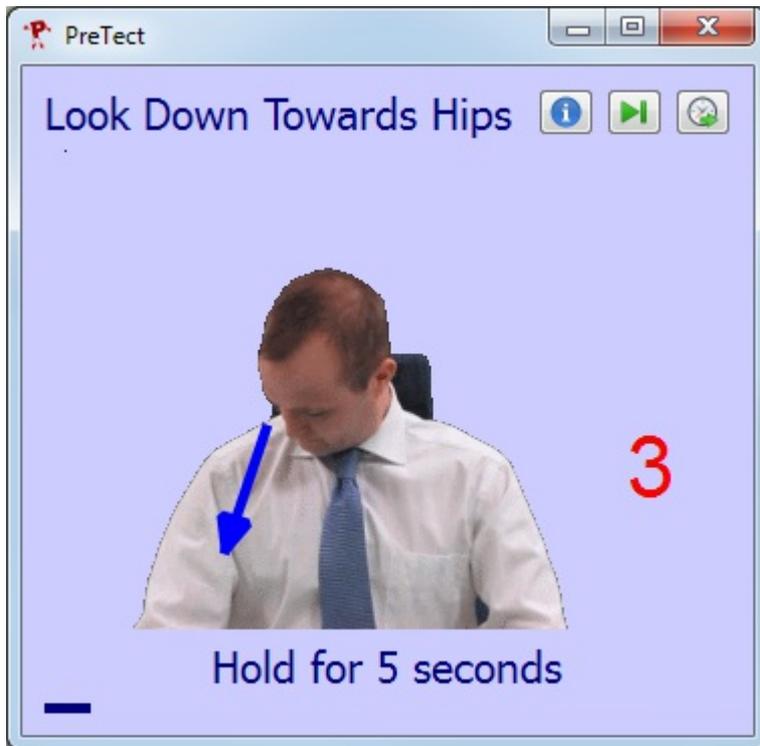


Figure. 6 Exercise Window during Exercise

### 5.2.2. Command Buttons

There are a few extra command buttons at the top of the window

#### Information

Information : If you click this button then some explanatory text for a particular exercise will be displayed.

#### Skip Exercise

Skip : If you click this button the program will randomly select the next exercise. The #Skipped counter in the user profile will be incremented.

#### Postpone Exercise

Postpone : If you click this button the program window will close, the next time the window opens it will show the same exercise.

## 6. *Stretch Activities List*

<b>Title</b>	<b>Description</b>
Eye Relaxation	Looking at the screen for long periods of time can lead to eye strain. To help prevent this use the exercise to rest the eyes and surrounding muscles.
Eye Monitor Exercise	Looking at the screen for long periods of time can lead to eye strain. To help prevent this use this exercise to complete different movements with your eyes to increase blood flow and tissue health.
Eye Distance Exercise	Looking at the screen for long periods of time can lead to focusing fatigue. To help prevent focusing fatigue (or locking up of our ability to focus); use this exercise to engage the muscle responsible for short and long distance viewing. Using these different muscles will increase blood flow and tissue health.
Eye Figure of 8	Looking at the screen for long periods of time can lead to eye strain. To help prevent this use this exercise to complete different movements with your eyes to increase blood flow and tissue health.
Relaxation For Eyes	Looking at the screen for long periods of time can lead to eye strain. To help prevent this use this exercise to complete different movements with your eyes to increase blood flow and tissue health.
Temporalis Massage	For many people the temporalis muscle becomes tense and can affect jaw function, tension levels and headaches. To help prevent this use this self-massage technique to reduce tension in these muscles.
Jaw Stretch	The jaw muscles are powerful and easily become tight, affecting jaw function, tension levels and headaches. To help prevent this use this technique to stretch the muscles to increase blood flow and tissue health.
Jaw - Side To Side	The jaw muscles are powerful and easily become tight, affecting jaw function, tension levels and headaches. To help prevent this use

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Puff Out Cheeks	<p>this technique to stretch the muscles to increase blood flow and tissue health.</p> <p>The cheek muscles are easily under used when working at the computer for long periods as we reduce the amount of facial expressions used. To help maintain strength in these muscles use this exercise.</p>
Neck Rotations	<p>In order to look at the computer screen for long periods our neck muscles must hold our head still. This can lead to postural fatigue and tension in our neck muscles. To help prevent this use rotational stretches to increase blood flow and improve tissue health of muscles that have been working hard to hold your head in the same position looking forward.</p>
Neck Side Bends	<p>In order to look at the computer screen for long periods our neck muscles hold our head still for long periods. This can lead to postural fatigue and tension in our neck muscles. To help prevent this use side bend stretches to increase blood flow and improve tissue health of muscles that have been working hard to hold your head in the same position looking forward.</p>
Look Up	<p>In order to look at the computer screen for long periods our neck muscles hold our head still for long periods. This can lead to postural fatigue and tension in our neck muscles. To help prevent this use this stretch to increase blood flow and improve tissue health of muscles that have been working hard to hold your head in the same position looking forward.</p>
Look Down	<p>In order to look at the computer screen for long periods our neck muscles hold our head still for long periods. This can lead to postural fatigue and tension in our neck muscles. To help prevent this use this stretch to increase blood flow and improve tissue health of muscles that have been working hard to hold your head in the same position looking forward.</p>
Look Down Towards Hips	<p>In order to look at the computer screen for</p>

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	<p>long periods our neck muscles hold our head still for long periods. This can lead to postural fatigue and tension in our neck muscles. To help prevent this use this stretch to increase blood flow and improve tissue health of muscles that have been working hard to hold your head in the same position looking forward.</p>
Neck Circular Movement	<p>In order to look at the computer screen for long periods our neck muscles hold our head still for long periods. This can lead to postural fatigue and tension in our neck muscles. To help prevent this use this movement to gently mobilise a wide range of joints and muscles, increasing blood flow and improving tissue health.</p>
Neck Figure of 8	<p>In order to look at the computer screen for long periods our neck muscles hold our head still for long periods. This can lead to postural fatigue and tension in our neck muscles. To help prevent this use this movement to gently mobilise a wide range of joints and muscles, increasing blood flow and improving tissue health.</p>
Trapezius Stretch	<p>In order to hold the head in position, support your shoulders and arms the trapezius muscle works hard. This muscle also tenses when we are stressed. To help prevent tension and improve flexibility use this stretch to increase blood flow and improve tissue health.</p>
Chest Stretch	<p>Working at the computer for extended periods increases tension in the muscles and fascia of the chest and neck. These muscles can become shortened leading to decreased breathing efficacy and postural dysfunction. To help prevent muscle and fascia tension whilst improving rib mobility, use this stretch to increase blood flow and improve tissue health.</p>
Standing Stretch	<p>Working at the computer for extended periods increases tension in the muscles and fascia of the chest and shoulders. These muscles can become shortened and tense. To help prevent muscle and fascia tension whilst improving shoulder mobility, use this stretch to</p>

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Ribs - Fig 8 Movement	<p>increase blood flow and improve tissue health.</p> <p>Sitting still for long periods results in our thoracic spine and ribs decreasing levels of movement. Stiff ribs and thoracic spine decrease breathing efficacy and place more strain on joints of the cervical and lumbar spine. To help prevent this use this movement to gently mobilise a wide range of joints and muscles around the ribs and thoracic spine, increasing blood flow, improving tissue health and aiding breathing.</p>
Single Side Reaches	<p>Sitting still for long periods results in our thoracic spine and ribs decreasing levels of movement. Stiff ribs and thoracic spine decrease breathing efficacy and place more strain on joints of the cervical and lumbar spine. To help prevent this use this movement to gently mobilise a wide range of joints and muscles around the ribs and thoracic spine, increasing blood flow, improving tissue health and aiding breathing.</p>
Side Reaches	<p>Sitting still for long periods results in our thoracic spine and ribs decreasing levels of movement. Stiff ribs and thoracic spine decrease breathing efficacy and place more strain on joints of the cervical and lumbar spine. To help prevent this use this movement to gently mobilise a wide range of joints and muscles around the ribs and thoracic spine, increasing blood flow, improving tissue health and aiding breathing.</p>
Deep Breaths	<p>Working at the computer for long periods and environmental stress are both important factors in reducing rib mobility and shallow breathing causing decreased oxygen supply, decreased stress response and poor posture. Pausing to take deep breaths improves rib function, increases oxygen intake and deactivates the stress response whilst activating a relaxation response.</p>
Diaphragm Breathing	<p>Working at the computer for long periods and environmental stress are both important factors in reducing rib mobility and shallow breathing causing decreased oxygen supply,</p>

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	<p>decreased stress response and poor posture. Diaphragm breathing improves rib function, increases oxygen intake, massages internal organs and deactivates the stress response whilst activating a relaxation response.</p>
Mid Back Stretch	<p>The muscles of the back are placed under a great deal of pressure when working at desks as we remain stationary hunched over our keyboards. To help prevent tension and improve flexibility use this stretch to mobilise joints, increase blood flow and improve tissue health.</p>
Shoulder Walking	<p>The shoulders are complex joints linking your arms to the spine. As a result, tension in the shoulders can result in pain in not only the shoulders but also further into the arms and neck. This simple exercise can help reduce muscular tension and maintain good range of motion in the joints of the back and spine.</p>
Mid Back Rotation	<p>Sitting still for long periods results in decreasing levels of movement in our spine. The muscles of the back are placed under a great deal of pressure when working at desks as we remain stationary hunched over our keyboards. To help prevent tension and improve flexibility use this stretch to mobilise joints, increase blood flow and improve tissue health.</p>
Lower Back Stretch	<p>The muscles of the back are placed under a great deal of pressure when working at desks as we remain stationary hunched over our keyboards. To help prevent tension and improve flexibility use this stretch to mobilise joints, increase blood flow and improve tissue health.</p>
Low Back Side Bends	<p>Sitting still for long periods results in decreasing levels of movement in our spine. The muscles of the back are placed under a great deal of pressure when working at desks as we remain stationary hunched over our keyboards. To help prevent tension and improve flexibility use this stretch to mobilise joints, increase blood flow and improve tissue health.</p>

## Brace and Stand

When standing from a seated position we use a long chain of muscles from our feet all the way up to our neck. This exercise will not assist the prime movers involved in standing but will recruit the core muscles necessary in stabilising and protecting; keeping the spine straight throughout this complex movement.

## Low Back Rotation

Sitting still for long periods results in decreasing levels of movement in our spine. The muscles of the back are placed under a great deal of pressure when working at desks as we remain stationary hunched over our keyboards. To help prevent tension and improve flexibility use this stretch to mobilise joints, increase blood flow and improve tissue health.

## Low Back Side to Side

Sitting still for long periods results in decreasing levels of movement in our spine. The muscles of the back are placed under a great deal of pressure when working at desks as we remain stationary hunched over our keyboards. To help prevent tension and improve flexibility use this stretch to mobilise joints, increase blood flow and improve tissue health.

## Leg Swings

A full day of sitting at a desk can leave the muscles surrounding the hip shortened and uncomfortable. The muscles of the hip remain sedentary when sitting at a desk, some in a shortened position and others in a stretched position. To improve flexibility use this exercise to mobilise the joints, increase blood flow and improve tissue health in this area.

## Hip - Pendulum

A full day of sitting at a desk can leave the muscles surrounding the hip shortened and uncomfortable. The muscles of the hip remain sedentary when sitting at a desk, some in a shortened position and others in a stretched position. To improve flexibility use this exercise to mobilise the joints, increase blood flow and improve tissue health in this area.

## Hip - Swings

A full day of sitting at a desk can leave the muscles surrounding the hip shortened and uncomfortable. The muscles of the hip remain

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	<p>sedentary when sitting at a desk, some in a shortened position and others in a stretched position. To improve flexibility use this exercise to mobilise the joints, increase blood flow and improve tissue health in this area.</p>
Seated Internal and External Hip Rolls	<p>A full day of sitting at a desk can leave the muscles surrounding the hip shortened and uncomfortable. The muscles of the hip remain sedentary when sitting at a desk, some in a shortened position and others in a stretched position. To improve flexibility use this stretch to mobilise the joints, increase blood flow and improve tissue health in this area.</p>
March On The Spot	<p>A full day of sitting at a desk can leave the muscles surrounding the hip shortened and uncomfortable. The muscles of the hip remain sedentary when sitting at a desk, some in a shortened position and others in a stretched position. To improve flexibility use this exercise to mobilise the joints, increase blood flow and improve tissue health in this area.</p>
Knee Flexion & Extension	<p>A full day of sitting at a desk can leave the muscles surrounding the knee uncomfortable as they have maintained the same position for lengthy periods. To improve flexibility use this movement to mobilise the joints, increase blood flow and improve tissue health in this area.</p>
Foot Pumps	<p>Our feet are designed to move and support us throughout the day. A full day of sitting at a desk restricts their movement and decreases blood flow to and from the foot. To improve flexibility and fluid dynamics use this stretch to mobilise the joints, increase blood flow and improve tissue health in this area.</p>
Foot Circles	<p>Our feet are designed to move and support us throughout the day. A full day of sitting at a desk restricts their movement and decreases blood flow to and from the foot. To improve flexibility and fluid dynamics use this stretch to mobilise the joints, increase blood flow and improve tissue health in this area.</p>
Foot - Figure of 8 Movement	<p>Our feet are designed to move and support</p>

- us throughout the day. A full day of sitting at a desk restricts their movement and decreases blood flow to and from the foot. To improve flexibility and fluid dynamics use this stretch to mobilise the joints, increase blood flow and improve tissue health in this area.
- Ankle Rocking**
- Our feet are designed to move and support us throughout the day. A full day of sitting at a desk restricts their movement and decreases blood flow to and from the foot. To improve flexibility and fluid dynamics use this stretch to mobilise the joints, increase blood flow and improve tissue health in this area.
- Toes - Scrunch And Splay**
- Our feet are designed to move and support us throughout the day. A full day of sitting at a desk restricts their movement and decreases blood flow to and from the foot. To improve flexibility and fluid dynamics use this stretch to mobilise the joints, increase blood flow and improve tissue health in this area.
- Wall Calf Stretch**
- Our calf muscles are incredibly strong, designed to move and support us throughout the day. A full day of sitting at a desk restricts their movement and decreases blood flow to and from the foot. To improve flexibility and fluid dynamics use this stretch to mobilise the joints, increase blood flow and improve tissue health in this area.
- Stand On Toes Against Wall**
- Our calf muscles are incredibly strong, designed to move and support us throughout the day. A full day of sitting at a desk restricts their movement and decreases blood flow to and from the foot. To improve flexibility and fluid dynamics use this exercise to mobilise the joints, increase blood flow and improve tissue health in this area.
- Shoulder Shrugs**
- In order to work at the computer for long periods our shoulder muscles work hard to stabilise the arms required for mouse and keyboard use. When these muscles become tight they can cause postural fatigue to the shoulders, neck and thoracic spine as well as tension in the muscles of our arms, back and throat. This exercise mobilises the joints and

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Forward Shoulder Rolls	<p>increases blood flow to improve tissue health of muscles that have been working hard to hold your arms in a static position.</p> <p>In order to work at the computer for long periods our shoulder muscles work hard to stabilise the arms required for mouse and keyboard use. When these muscles become tight they can cause postural fatigue to the shoulders, neck and thoracic spine as well as tension in the muscles of our arms, back and throat. This exercise mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your arms in a static position.</p>
Shoulder Stretch	<p>In order to work at the computer for long periods our shoulder muscles work hard to stabilise the arms required for mouse and keyboard use. When these muscles become tight they can cause postural fatigue to the shoulders, neck and thoracic spine as well as tension in the muscles of our arms, back and throat. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your arms in a static position.</p>
Dive Stretch	<p>Working at the computer for extended periods increases tension in the muscles and fascia of the chest and shoulders. These muscles can become shortened and tense. To help prevent muscle and fascia tension whilst improving shoulder mobility, use this stretch to increase blood flow and improve tissue health.</p>
Shoulder Retraction	<p>In order to work at the computer for long periods our shoulder muscles work hard to stabilise the arms required for mouse and keyboard use. When these muscles become tight they can cause postural fatigue to the shoulders, neck and thoracic spine as well as tension in the muscles of our arms, back and throat. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your arms in a static position.</p>
Shoulder Rolls	<p>In order to work at the computer for long</p>

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	<p>periods our shoulder muscles work hard to stabilise the arms required for mouse and keyboard use. When these muscles become tight they can cause postural fatigue to the shoulders, neck and thoracic spine as well as tension in the muscles of our arms, back and throat. This exercise mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your arms in a static position.</p>
Rhomboid Stretch	<p>In order to work at the computer for long periods our shoulder muscles work hard to stabilise the arms required for mouse and keyboard use. When these muscles become tight they can cause postural fatigue to the shoulders, neck and thoracic spine as well as tension in the muscles of our arms, back and throat. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your arms in a static position.</p>
Arm Circumduction	<p>In order to work at the computer for long periods our shoulder muscles work hard to stabilise the arms required for mouse and keyboard use. When these muscles become tight they can cause postural fatigue to the shoulders, neck and thoracic spine as well as tension in the muscles of our arms, back and throat. This exercise mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your arms in a static position.</p>
Extensor Rotations	<p>In order to operate the mouse and keyboard for long periods the muscles in our hands, wrists and elbows work hard to stabilise and control these fine movements. When these muscles become tight they can cause stiffness, aches and pains and can lead to repetitive strain injuries. This exercise mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your hands in a static position.</p>
Flexor Rotations	<p>In order to operate the mouse and keyboard</p>

for long periods the muscles in our hands, wrists and elbows work hard to stabilise and control these fine movements. When these muscles become tight they can cause stiffness, aches and pains and can lead to repetitive strain injuries. This exercise mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your hands in a static position.

#### Wrist Extension On Seat

In order to operate the mouse and keyboard for long periods the muscles in our hands, wrists and elbows work hard to stabilise and control these fine movements. When these muscles become tight they can cause stiffness, aches and pains and can lead to repetitive strain injuries. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your hands in a static position.

#### Wrist Flexion On Seat

In order to operate the mouse and keyboard for long periods the muscles in our hands, wrists and elbows work hard to stabilise and control these fine movements. When these muscles become tight they can cause stiffness, aches and pains and can lead to repetitive strain injuries. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your hands in a static position.

#### Wrist Circumduction

In order to operate the mouse and keyboard for long periods the muscles in our hands, wrists and elbows work hard to stabilise and control these fine movements. When these muscles become tight they can cause stiffness, aches and pains and can lead to repetitive strain injuries. This exercise mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your hands in a static position.

#### Triceps Stretch

In order to work at the computer for long periods our shoulder muscles work hard to stabilise the arms required for mouse and

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	<p>keyboard use. When these muscles become tight they can cause postural fatigue to the shoulders, neck and thoracic spine as well as tension in the muscles of our arms, back and throat. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to hold your arms in a static position.</p>
Spread And Close Fingers	<p>In order to work at the computer for long periods the average person spends long periods typing away on a keyboard and using the mouse. Sore hand muscles are often the result with some of the most common workplace injuries being caused through overuse of the hands. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to move your fingers.</p>
Clench Fists	<p>In order to work at the computer for long periods the average person spends long periods typing away on a keyboard and using the mouse. Sore hand muscles are often the result with some of the most common workplace injuries being caused through overuse of the hands. This movement mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to move your fingers.</p>
Thenar Massage	<p>In order to work at the computer for long periods the average person spends long periods typing away on a keyboard and using the mouse. Sore hand muscles are often the result with some of the most common workplace injuries being caused through overuse of the hands. This technique massages the muscles of the thumb and increases blood flow to improve tissue health.</p>
Carpal Tunnel Stretch	<p>In order to operate the mouse and keyboard for long periods the muscles in our hands, wrists and elbows work hard to stabilise and control these fine movements. When these muscles become tight they can cause stiffness, aches and pains and can lead to repetitive strain injuries such as carpal tunnel syndrome.</p>

Finger Extension Stretch	<p>This preventative carpal tunnel stretch mobilises the joints and increases blood flow to improve tissue health and is an important.</p> <p>In order to work at the computer for long periods the average person spends long periods typing away on a keyboard and using the mouse. Sore hand muscles are often the result with some of the most common workplace injuries being caused through overuse of the hands. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to move your fingers.</p>
Thumb Stretch	<p>In order to work at the computer for long periods the average person spends long periods typing away on a keyboard and using the mouse. Sore hand muscles are often the result with some of the most common workplace injuries being caused through overuse of the hands. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to move your thumbs.</p>
Finger Extension	<p>In order to work at the computer for long periods the average person spends long periods typing away on a keyboard and using the mouse. Sore hand muscles are often the result with some of the most common workplace injuries being caused through overuse of the hands. This stretch mobilises the joints and increases blood flow to improve tissue health of muscles that have been working hard to move your fingers.</p>

## 7. Troubleshooting

### 7.1. Windows

This section deals with error messages and potential problems on Windows.

#### 7.1.1. No Notification when Exercise is due

When the exercise is due a message should appear at the bottom of the screen indicating that it is time for an exercise. (see fig. 7 ).

It is quite important of course that this message appears. However, Windows allows you to turn these messages off. This is usually done using the "Notification Area Icons" dialog in the Control Panel for Windows Vista, 7 and 8 (see fig. 8 ).

You need to ensure that you select either "Always show all icons and notifications on the taskbar" (the checkbox at the bottom of the window) or you need to select "Show icon and notifications" for the PreTect icon.

On Windows XP the you need to check the "Taskbar and Start Menu Properties" and then click "Customize..." (see fig. 9 ). Then you can set the behavior for the PreTect icon (see fig. 10 ).

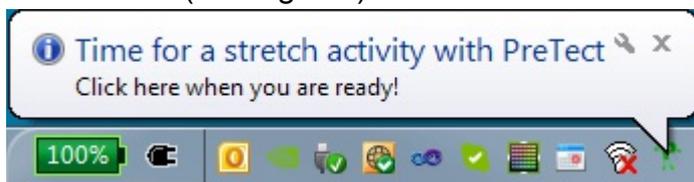


Figure. 7 A typical PreTect notification message in the system tray.

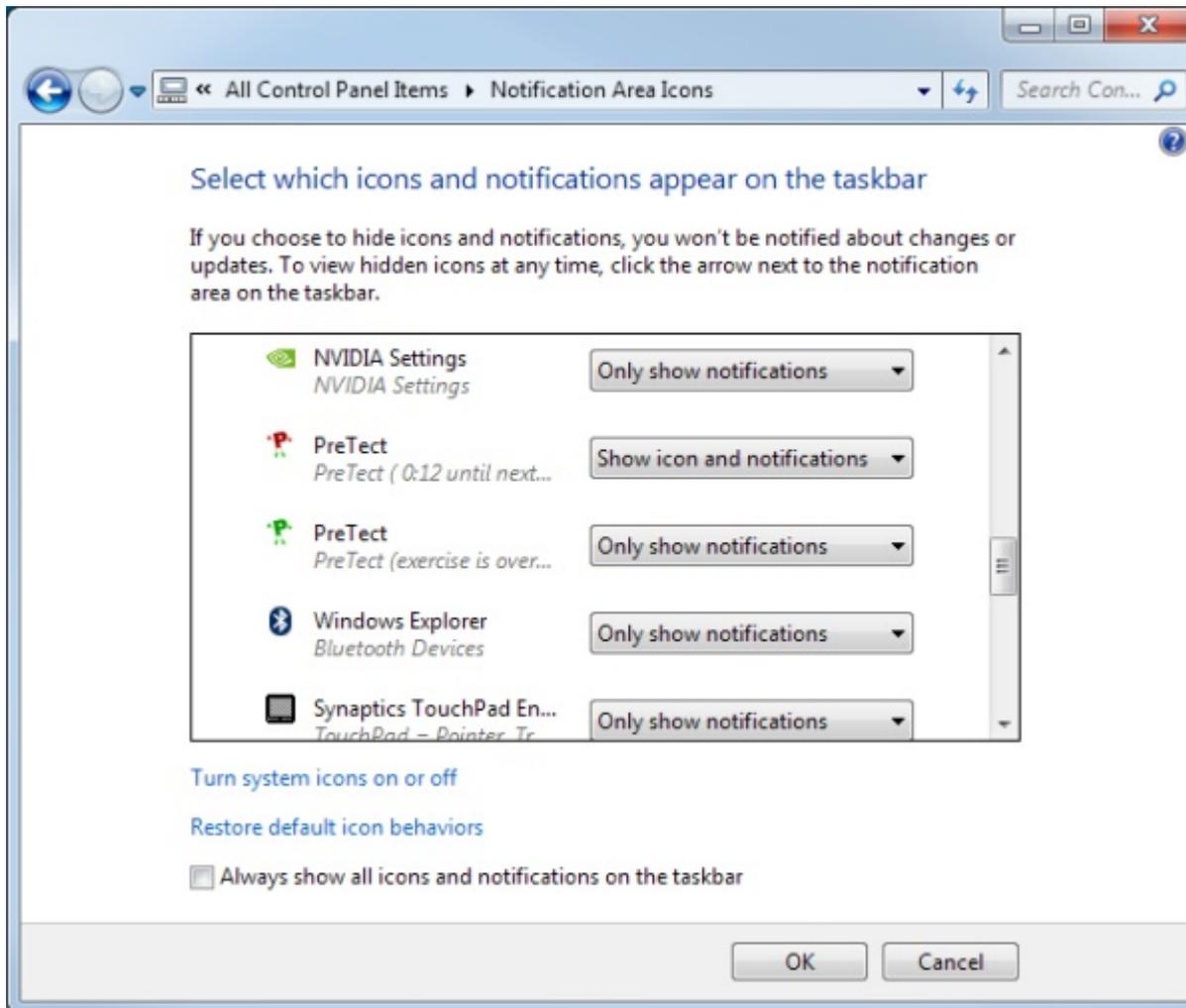


Figure. 8 A typical "Notification Area Icons" dialog for Windows 7 or 8.

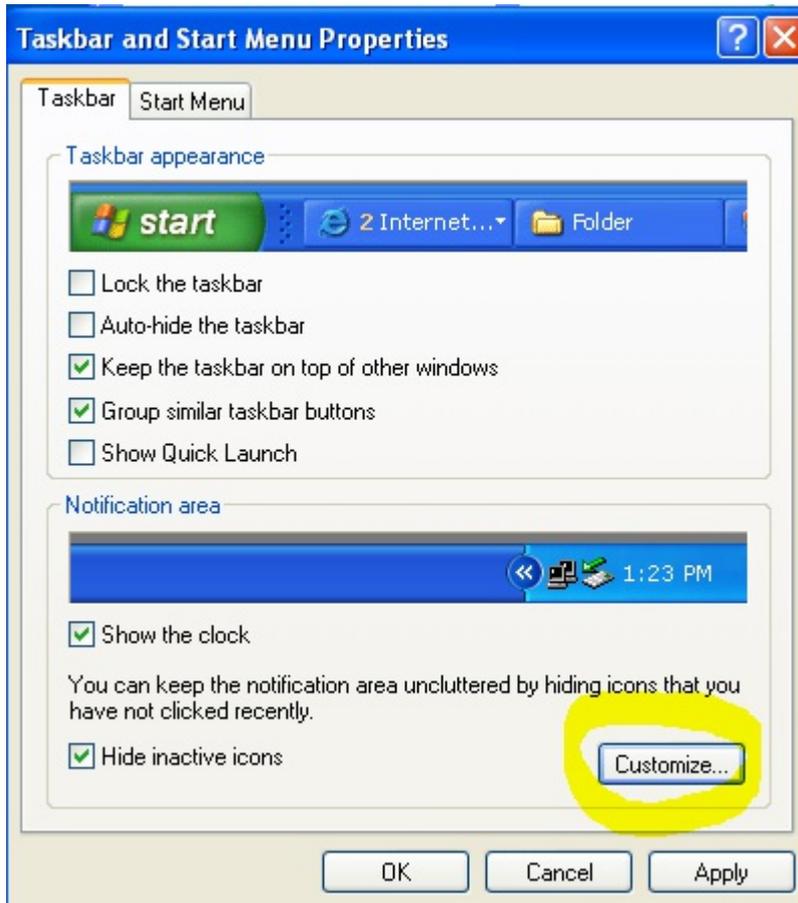


Figure. 9 Taskbar and Start Menu Properties dialog in Windows XP

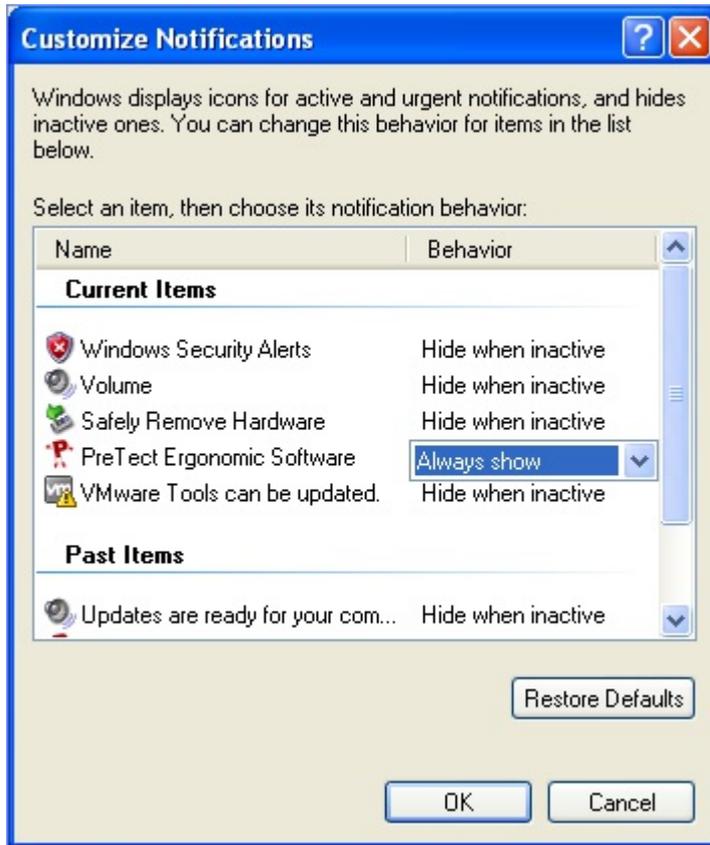


Figure. 10 "Customize Notifications" dialog in Windows XP

### 7.1.2. Error Message "System Tray Not Available"

PreTect does rely on being able to display a system tray icon. If you get this error message at startup, please contact our support at [www.prect.me/support](http://www.prect.me/support) and we will try to help.

### 7.1.3. Error Message "System Tray Icon Cannot Show Message"

PreTect does rely on being able to display a message in the system tray icon. Please check subsection 7.1.1 ("*No Notification when Exercise is due*") for instructions on how to enable the system tray icon.

In addition to these settings the following registry key may be set to zero:

"HKEY\_CURRENT\_USER\Microsoft\Windows\CurrentVersion\Explorer\Advanced\EnableBalloonTips"

If present, this key needs to be set to 1.

#### 7.1.4. Administrative Privileges

On Windows XP, Windows Vista, 7, and 8 the license key can only be stored by a user with "administrator privileges". PreTect has to acquire these privileges for the short time that it takes to store the license key. It will bring up a message box (see fig. 11 ).

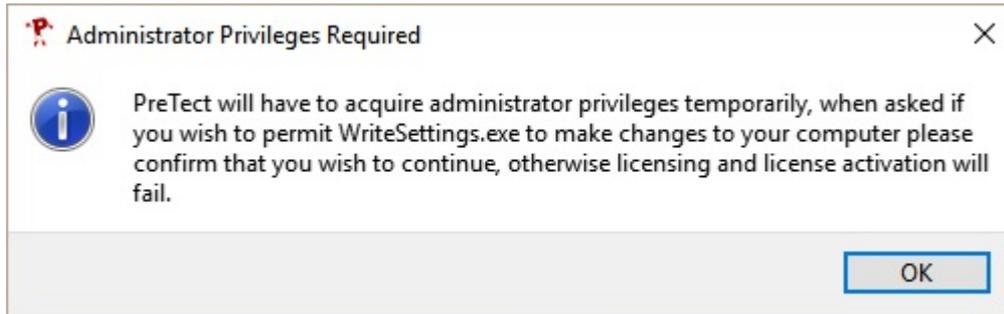


Figure. 11 PreTect "Administrative Privileges Required" message

#### Windows Vista, 7, 8

When you click OK, on Windows Vista, 7 and 8 an icon will appear in the task bar similar to this one  which you have to click to continue. Then Windows will ask you whether you want to grant Administrator Privileges, click Yes to confirm.

#### Windows XP

When you click OK the program will display a window to ask you whether the program should be run with administrator privileges (see fig. 12 ). You need to **untick** the "Protect my computer..." checkbox to allow the license key to be stored and then click OK.



Figure. 12 Windows XP "Run As" dialog

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